

# Heat can KILL!

## *Possible Heat Casualty*

### *Common Signs / Symptoms*

- Dizziness
- Headache
- Nausea
- Unsteady walk
- Weakness or fatigue
- Muscle cramps

## *Immediate Actions*

- Remove from training
- Allow person to rest in shade
- Loosen clothing
- Take sips of water
- Call for a medic to evaluate the person (medic will monitor temperature and check for mental confusion)
- If no medic is available, call for ambulance or Medevac



Never Give Safety A Day Off



<https://crc.army.mil>

